

SMOKING

THE LEADING CAUSE OF FIRE FATALITIES

Facts

- Smoking is the leading cause of fire fatalities in Washington State.
- Most often, fires begin when upholstered furniture, mattresses, or bedding is ignited.
- When children live with smokers, there is an increased risk of child-set fires because of the availability of matches and lighters.

If you Smoke . . . follow these precautions.

- If you smoke, go outside. Put out your cigarette before returning indoors.
- Use heavy, deep ashtrays while smoking.
- Do not smoke on or near upholstered furniture.
- Never smoke in sleeping areas.
- Only smoke when you are alert.
- Never smoke while on medications or on medical oxygen.
- Do not smoke while under the influence of mind-altering drugs and/or alcohol.
- Keep matches and lighters out of reach of children.

Consider not smoking

If you want to stop smoking for your health, your loved ones, or for other reasons, call the **Washington State Tobacco Quit Line (877-270-STOP)**. A trained specialist will provide you with one-on-one counseling and a customized plan to help you quit smoking for good. Remember, calling the quit line can double your chances of quitting successfully.

References: Tobacco Control Online www.tobaccocontrol.com; Annual Fire in Washington Report, Office of the State Fire Marshal, www.wsp.wa.gov/fire/data/nfirs.htm; Department of Health www.quitline.com.

PREVENT FIRES
IT'S YOUR JOB!